

PART 1**FINGERNAILS GROWING FASTER.**

People's fingernails and toenails, (reporting - quoting - according - informing) to a recent study, are nowadays growing more quickly. Research (taken - carried - studied - worked) out at the University of North Carolina indicates that the speed at which human nails are growing has increased by (near - just - close - next) to 25 per cent over the last 70 years.

The results of the study show that the (average - medium - common - standard) human fingernail now grows about 3.5 mm a month, (opposed - measured - related - compared) with just 3 mm seven decades ago. Toenail growth, (although - despite - however - nevertheless) only about 2mm per month, was also up on the figure (achieved - concluded - arrived - obtained) in a similar survey done 70 years ago.

Researchers (set - write - put - say) the rapid increase down to changes in lifestyle, particularly the greater (belief - information - familiarity - awareness) of the importance of regular exercise and a healthy diet. This, they point out, is in (way - rule - line - case) with similar trends in the height and weight of present - day adults.

Interestingly, it appears that nails (tend - lean - head - aim) to grow fastest in warmer conditions, with the quickest growth (pace - rate - speed - step) among young people , and men . The fastest - growing nail is on the middle finger, while that on the little finger is (by - so - as - too) far the slowest , at only a fraction over 3mm each month.

PART 2-**HOW THE TOUR DE FRANCE BEGAN.**

The very first Tour de France , the greatest cycle race _____ the world, was held in 1903. It began when two French journalists, Henri Desgrange and Geo Lefevre , came _____ with the idea of a race right round the country, _____ that had never been tried anywhere before.

Nowadays we might think the aim of _____ an idea would be to bring in lots of television money , or even tourists, but at the beginning of the 20th Century what they wanted to do _____ sell more copies of their newspaper. And they succeeded. Circulation figures , _____ had been 25, 000 , went to 65,000 within a year , and on to half a million by 1923.

The reporters were in fact quite closely involved in organizing the race, and Desgrange would go _____ to remain Tour Director from 1903 right up to 1939. Even _____ , their initial design for the race changed in several important ways before the first one was run. For instance, they had intended

_____ to be held over five weeks, but such a long race was just too much for most riders and very _____ wanted to take part.

So it became half _____ length, and it would be run entirely in July _____ than from late May to early July. As, however, it would still go right round France, the distance travelled each day would be much longer, with cyclists sometimes _____ to ride at night.

WORD FORMATION

THE CITY OF MIAMI.

The _____ (**AMERICA**) city of Miami was founded in 1896 by Julia Tuttle, a _____ (**WEALTH**) Florida businesswoman. From a population then of just 300, it has become a vast urban area of 5.5 million _____ (**INHABIT**) attracting _____ (**VISIT**) from all over the world. Its excellent transport links mean it can _____ (**EASY**) be reached by road, rail, air or sea.

The city's continuing _____ (**GROW**) as a tourist and financial centre has led to a construction boom. Many of the new buildings are over 120 metres in _____ (**HIGH**), giving Miami the most impressive skyline in the country after New York and Chicago.

Its wide variety of _____ (**ATTRACT**) includes sandy beaches, nightclubs, music and dancing, as well as skateboarding and cycling in the world – famous, _____ (**FASHION**) South Beach area. The city centre has a number of _____ (**DELIGHT**) parks and gardens, and of course, there is the wonderful weather: _____ (**LIKE**) any other major city in the USA, it has a genuinely tropical climate.

SENTENCE TRANSFORMATION.

- 1- I regret not buying that bike when I had the chance. **WISH**
I _____ that bike when I had the chance.
- 2- In spite of the heavy snow, we managed to get home quickly. **EVEN**
We managed to get home quickly, _____ heavily.
- 3- "Did you see that film on Friday night?" Sean asked me. **SEEN**
Sean wanted to know _____ that film on Friday night.
- 4- I'm afraid you're not old enough to travel abroad by yourself. **OWN**
You're not old enough to travel abroad _____, I'm afraid.
- 5- Jenny rang because she was worried about us. **RUNG**
Jenny _____ she hadn't been worried about us.
- 6- Have they repaired your computer yet? **HAD**
Have _____ yet?
- 7- It's been a long time since I last ate fish. **EATEN**
I _____ a long time.
- 8- Everyone thinks that the band has split up. **THOUGHT**
The band _____ up.

